

This I believe...in a worry-free life

Who on earth does not worry? I sure do worry. I can spend hours, even days worrying about the assignments and SIAs that are piling up rapidly on my desk, or tormenting myself over the unknown: my career, Mr. Right and even my aging process! However, after a recent incident, I believe worrying is nothing but a destroyer of joy.

I went back to Malaysia last holidays to spend time with my family. Every morning I would go to the market with my mother, and in the afternoons, my sisters and I would blabber on about anything under the sky. It was just like a vacation. Nearing the end of the holidays however, my dream bubble popped. I started fretting about the last day of my holidays, where I would be returning to Singapore. With last year's experience, I knew how hectic settling into the boarding school would be, what with the unpacking of my four boxes of belongings and getting to know my new roommates, which would most likely be an Indonesian and a Chinese scholar. The worst part? I would be reaching Singapore only in the evening. My mind started imagining the worst case scenario, where I would get stuck in a traffic jam, I would have to carry my four heavy boxes up to my room alone, where I would be met with cold stony faces of my new roommates. I spent my last few nights in Malaysia tossing and turning, dreading the approaching D-Day.

On my last day in Malaysia, when I was reading my Bible, I stumbled onto 1 Peter 5:7, "Give all your worries and cares to God, for He cares about what happens to you". Suddenly, I felt so comforted, realizing that God would take care of me. In the end, my day passed so smoothly, that when I think of it, I laugh at the irony.

After this memorable incident, I realized worrying brought me nowhere. Sure, it made my heart pump faster, gave me cold feet, and made me dread the future, but worrying did nothing to help my situation.

The Bible says: "Do not worry about tomorrow, for tomorrow will worry about itself." I did not get the concept previously, but now I fully grasp the truth in this verse. Rather than worrying over all my homework, I will just say a quick prayer for peace of mind, and get down to work. Rather than worrying over my future, I will just savour every moment of the present.

I believe that God knows what we worry about, and He also cares. From time to time, I still worry over anything out of my control, but then I get reminded of this incident, and I give my worries to God. I believe worry kills joy, and since I have so little time on earth, I choose not to worry. I believe in living a worry-free life.